

KNOW YOUR NUMBERS

Cholesterol

Less than 200 *Total cholesterol*

Less than 100 *LDL
(Low Density
Lipoprotein)
“bad cholesterol”*

40 or higher *HDL
(High Density
Lipoprotein)
“good cholesterol”*

Less than 150 *Triglycerides*

Measured in mg/dl
milligrams per deciliter of blood

Waist Measurement

Men less than 40 inches

Women less than 35 inches

KNOW THE SIGNS & SYMPTOMS OF HEART ATTACK & STROKE

*Every minute counts!
Call 9-1-1 right away.*

www.americanheart.org
www.cdc.gov
www.idahoheartandstroke.org



IDAHO DEPARTMENT OF
HEALTH & WELFARE



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Blood Pressure

Systolic
(top number)

Diastolic
(bottom number)

Normal ► 120 or ↓ *and* 80 or ↓

Prehypertension ► 120–139 *or* 80–89

Hypertension ► 140 or ↑ *or* 90 or ↑

Numbers are for a healthy adult 18 years of age and older. Should your systolic and diastolic numbers fall into two different categories, use the higher of the two as your guide.

Date	Weight	Waist Measurement	Blood Pressure		Cholesterol	
Set your target numbers with your doctor	My Target	My Target	My Target		My Target	
			Top (systolic)	Bottom (diastolic)	HDL	LDL